THE WASHINGTON TIMES, WEDNESDAY, APRIL 15, 1908.

DEEP BREATHING IS AN ESSENTIAL TO HER BEAUTY

How to breathe deeply seems to be a sealed mystery to most persons, and yet unless it is done one can be neither physically strong nor pretty. If the lungs are not well filled with fresh air it is impossible to have a clear complexion and bright eyes, no matter how many cosmetics are used.

Exercises, if taken every morning, by which the lungs are distended, will help to form the habit of deep breathing which, once acquired, is practiced unconsciously.

No amount of filling the lungs will be beneficial unless the air that is taken in be fresh. Therefore, if one is in town and the exercises cannot be done out of doors a window must be opened at the top, as well as at the bottom, and the room freshened before the work is begun. The such should remain up during the ten minutes in which the lungs are exercised.

While practicing these exercises it is best to wear a loose, heavy dressing gown that will be warm and not confin ing. There must be no tight bands, or the lower part of the lungs will be cramped.

the lower part of the lungs will be cramped. Before beginning it is necessary that one shall stand properly. The lower part of the trunk must be held in, and only the lungs expanded. One will be alded in this by putting the heels to-gether and the toes out, then throwing the weight of the body slightly forward so it will rest on the balls of the fect, not on the heels. If this be dene the chances of thrusting forward the abdo-men are greatly lessened. The head drawn in a trifle. This brings the spinal column in a straight line at the back of the neck and shoulder blades. In this position the hands should be rested on the hips, the thumbs back and the fingers forward. Then, with the lips closed a long breath is drawn in through the nostrils until one feels the body expand under the finger tips. It is well to count five mentally while making this inhalation, the hungs being filled slowly. Exhaling should be continued until one begins to feel giddy. Unac-customed as the lungs are to fresh air and carcise, one's head may be reeling after two deep breaths. In this case it is well to stop for a few minutes and do some simple calisthenics. For this the hands may be placed at the shoulders and then literally thrown out at the sides as far as they can be made to reach. The fixes are doubled while doing this. The elbows should be out straight. In repeating the move-ment the arms are thrown toward the front.

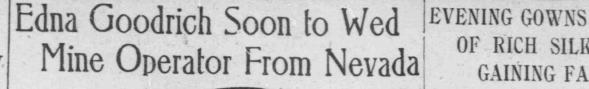
If these exercises are done ten times the these exercises are done ten times each the head is cleared, and one can resume the breathing exercises. Should any trace of dizziness remain it is best to sit down and wait until it passes off entirely. Then the lungs must be filled deeply, if only once more. the theatrical companies headed by N. C. Goodwin, is to be married on June 10 to James H. MacMillan, a mining operator of Nevada. Miss Goodrich has retired from the stage. Accompanied by her mother about

Items for the Housewife

Discolored cups and dishes used for baking can be made as new by rubbing the brown stains with a flannel dipped

and with also serve to test their heat. Besides this a cloth should be kept at hand on which to wipe off any flakes of soot or dirt. A small piece of wax is excellent for producing a gloss when rubbed on the iron, and paraffin has the same effect. Sour milk should be added water with which him to the source of the source o

Sour milk should be added to the water with which linoleum and oil-cloths are washed, and this will make





MISS EDNA GOODRICH.

Leading Woman of Nat Goodwin Companies, Who Will Marry Millionaire Mining Man.

Announcement of Engagement Great Surprise to Nat Goodwin.

NEW YORK, April 15 .- Announce as made in this city last night that Edna Goodrich, who during the last three years has been leading woman in

the theatrical companies headed by N. C. Goodwin, is to be married on June

Miss Goodrich has retired from the stage. Accompanied by her mother, she s now in Paris buying her trousseau Her marriage to Mr. MacMillan will oc cur at the home of Mr. MacMillan's mother, in Berkeley, Cal.

News that Miss Goodrich is to be mar-ried and that she will act no more will be a surprise to N. C. Goodwin. Since he bought from her three years

water with which linoleum and oli-cloths are washed, and this will make them look new. Melted butter is a very good substi-title for olive oil in salad dressing. Many prefer the butter to oil. Fish that is to be fried should be ordered to be sent early, as it cooks much better if previously rolled some time in a clean cloth to insure perfect or burn, set the vessel at once in a little cold water, and they will tate very little, if any, of the scorching. Constant blacking is likely to injure the leather of boots before very long, but this evil may be guarded against by occasionally (about once in three weeks) washing off all the blacking and rubbing oil into the leather. For disposing of frying-pans, etc., take an ordinary piece of wood the length of the side of the gas store, about three inches wide and one inch thick. Nall uban or high heel and slightly pointed

his leading woman, Mr. Goodwin has een busy denying reports that he was o retire from the stage to become a liner and other reports that Miss Good-ch was to retire from the stage to be narried. married. In Chicago three weeks ago Mr. Good-win said;

In Chicago three weeks ago Mr. Good-win said: "There is no more chance of my leav-ing the stage than there is of Miss Goodrich marrying a young man from Nevada. He asked her to marry him. If she had said 'Yes,' there would have been a chance that they would marry." Mr. MacMillan is "the young man from Nevada" referred to by Mr. Good-win. The latter did not know that for more than six mont's his leading wom-an and Mr. MacMillan had been engaged to be married and that they had agreed to be married and that they had agreed to postpone the marriage ceremony till the end of the present theatrical season. Mr. MacMillan, whose father was a havyer in Nevada, has been in the min-ing business in Montana and Nevada for more than ten years. He is president of the MacMillan-Holleran Mining Com-pany, of Goldfield. He and Miss Good-rich met while she was playing an en-sagement there with Mr. Goodwin last year. It was during that tour that Mr. Goodwin decided to combine mining with atting and became interested in several en erprises in Nevada. Mr. Goodwin's contracts with Miss Goodrich have two more years to run, but Miss Goodrich has announced that she will not return to the stage.

Lucky Months for Weddings

The facts show that the spring is the favored time for weddings in this country, with Cupid's very busiest season coming along in June. The June bride is considered especially fortunate and the June month can be generally relied upon for an auspicious day for the

In Holland, however, May is considered the best month in the whole year for being married in, and May brides and bridesgrooms look forward confiOF RICH SILKS BLOSSOM INDOORS GAINING FAVOR INTO PRETTY POSY

Dinner gowns made of rich brocaded silk, of a texture almost as soft as that as unpromising as any material that one could imagine for a bouquet, but silk of a texture almost as solt as that of Liberty satin, are being worn by smart dressers. The skirts of these gowns are made with long trains and are finished without other trimming than a band of lace at the hem, even this being frequently omitted. The waist accompanying such a toilet is alwaist accompanying such a toilet is al-Those from crab apple or commo most invariably of lace matching that apple trees, peach, pear, cherry, or plum on the skirt, with narrow bias folds of trees are suitable trees are suitable. cutting them, to make sure which ones will blossom best. If you chance to get

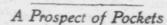
most invariably of lace matching that on the skirt, with narrow blas folds of brocade, edged with gold or silver sou-tache, by way of garniture. Rarely or never is the corsage made of the silk, the mode of the moment being the waist that suggests the skirt even while con-trasting sharply with it. Following along these lines quite charming gowns for reception or even-ing wear might be secured at half the usual cost could they but be fashioned at home, selecting some of the pretty, inexpensive silks for the'r development. It is possible to obtain one of the ex-quisite, soft-draping satins at a moder-ate price, and these, with an absolutely plain skirt and a draped waist of satin and lace combined; are quite the newest thing. Moreover, they are not especially difficult to make-certainly not more so than the skirts and waists for ordinary wear that most women think nothing of attempting. A gown of this sort, too, would be an acquisition of real value to the woman who does not get out a great deal, and who, because of fils, usually clings to the mistaken idea that almost any kind of makeshift will do to wear when she does go. It is actually the truer economy to have one really nice frock that will stand a season's wear and retain its dignified appearance throughout than to try to furbish up an old waist or skirt with new trim-mings on each occasion, which will, in the long run, cost almost as much, with-out leaving anything to show for the expenditure.

Aids to the Figure

you had looked for. You can tell the difference once you know that on the fruit trees the leaf buds are slender and pointed, while the fruit buds are nearly ound. If you are a tomboy, or have a small brother, you can get the most flower buds by climbing the trees, for the lower branches as a rule have more leaves than flowers. Take good sized glass fruit jars and fill them with water, putting in a small larger the jar the better, for the stems

larger the jar the better, for the stems must not be the least bid crowded. However, ft is better to use the glass jers, as the sunlight can pesirate to the stems through the glass. You will be surprised to see how quickly the stems drink up water, and your musn't let the water get low, or all your care will be lost. Every time the jars are refilled, stand them in the sink and let the water run over them, so that all impurities from the decaying bark will be carried off.

BARE BRANCHES



With thin dresses it is sometimes nec-essary to add a little to the lines of the figure, so the wise maid or matron who finds that when summer blouses are not becoming to her, she may wear a corest-cover with three ruffles down the front, and it is surprising now much difference this makes to the gener-al appearance. In summer, too, horseback riding is a popular soprt, and for this it is al-most necessary to have either a special make of corset or to omit them alto-gether and wear only bust forms, which nowadays are made in many attract-ive ways. Some are of silk or satin heavily embrokdered with lace, while which tiny ribbons are run. With thin dresses it is sometimes nec-It is said that pockets are to return





UR stock comprises all the la test and most popular styles of the season, including Oxfords, 2-eyelet Court Ties, Garden Ties,

Alexander Ties, Corinthian Ties, and Colonial Pumps, with bows and buckles, and in the most fashionable leathers - patent calfpiece of charcoal to keep it sweet. The Skin and kidskin, gun metal calfskin, tan russia calfskin, and the new golden brown kidskin. Also black and tan suede, and white canvas and sea isle duck.

We mention a few new arrivals:

 \$3.50
Eench-made Colonial Pump patent leather and black Ru skin; an extremely stylish and exclusivemodel-shown only by us. Pair. Two-eyelet Court Ties, of tan Russia calfskin and golden brown kidskin, with Cuban heel; stylish and sightly. Pair... \$6.00

SPECIAL.

Women's Gun Metal 2-eyelet Court Ties, with plain toe and Cu-ban heel, made on the new short vamp last. A very attractive and popular tie.

\$3.00 a Pair. Value, \$3.50 Third floor, Tenth St.

Cowhide Suit Cases at the Manufacturer's Prices.

HOSE contemplating spending Easter out of town, or any one needing a suit case, will be interested in this sale. We closed these suit cases out from the maker at a decisive concession and are selling them for the same as we usually have to pay for them.

\$3.95. Values, \$7.50 and \$8.00-\$5.00. Value, \$7.50. \$5.50. Value, \$8.00. Also a lot of Matting Suit Cases at \$1.25 each. Values, \$2.00 to \$2.50.



Phone or drop postal.



Constant blacking is likely to injure the leather of boots before very long, but this evil may be guarded against by occasionally (about once in three weeks) washing off all the blacking and rubbing oil into the leather. For disposing of frying-pans, etc., take an ordinary piece of wood the length of the side of the gas stove, about three inches wide and one inch thick. Nail this at the side of the wall near the gas stove, fasten in it either nails or screw eyes, and you have an excellent strip on which to hang the tinware; it is out of sight and space is saved. Some cooks claim that the flavor of cocco is improved by a little cinnamon sprinkled over the top just before serv-ing.

sprinkled over the top just before serv-ing. The best way to keep windows from steaming or frosting is to clean the in-side of the window with a cloth moist-ened with pure glycerine, wiping it so as to leave only a trace of the glycerine. Old stockings make excellent floor-polishers. Split open and sew two to-gether, cutting off the feet if they are much darned. They are also excellent for polishing shoes. To clean venetian blinds, wash each lath separately with water, to which a little ammonia is added. Sponge with clean water, and dry with a soft cloth. When parsley is not obtainable for garnishing use the tips from the celery, or finely-sliced outer leaves of Brussels sprouts.

Stole Styles

Stoles are being made shorter and broader.

Their square backs fall very low over

Main Store:

Cor. 7th

and

E Sts.

N. W.

Their square backs fall very low over the shoulders. One stole shown was arranged in a most original way, with its big point failing in the back, its double points failing if front and back of the arm in order to be attached beneath, if one wishes, and form a sort of Japanese sleeve.

A. & P.

Fresh Eggs for Easter

Today's Price, Doz., 17c

Standard Sugar, 1b......51/2c

Nine Branch Stores and Market Stands

THE GREAT

ATLANTIG PAGIFIC

TEACO

Pretty Corset Cover.

If you have any half-worn waists bring them to view and see if when the collars and yokes and sleeves are cut

collars and yokes and sleeves are cut off they could not be made into corset covers. You wil find at least one or two which can be made over. Rip out the sleeves and cut off the yoke to the depth which you desire your corset cover to be. Bind the top and the arm-holes with narrow bias bands and sew a row of beading and lace to the top and a row of lace in each armhole. Now try it on and carefully mark the belt line. Remove it and cut any ma-terial below the line away. Now gather it into a band and finish the band with a button and buttonhole. Mend any little places which need a stitch or two and you wil! be rewarded with the daintiest and prettiest lingerie corset cover which you would hope to pos-sess. ess.

How Are Your Ears

Telephone

Connections

At All

Branches

ered the luckiest, and picturesque "while" wedings in January (the best month of all for marriage, according to Slav belief) are the social events of St. Petersburg and Moscow. About an eighth of the weddings in Scotland take place in June, the "month of roses," which is also first favorite as a marriage month among Sendid

marriage month among Swedish vomen.

women. February is the favorite month for weddings in Italy, and the popular time is just before Lent begins.

LOCAL MENTION.

The Extra Demand for Schneider's "Malt" Bread Proves Conclusively

that the importance of providing the best for the family table is being more generally recognized every day. "Malt" Bread is unequaled in purity and nourish-ing elements—a perfect food for all. At your grocer's, fresh every day, 5c loaf.

J. T. D. Pyles Has Purchased the

store of Richardson & Co., 1420 7th st. nw. To draw your attention to this 13th business place he offers for a few days 1 lb. Strictly Pure Black Pepper and 25 Nutmegs for 15c. 12 stores and O St. Market.

One asks not in levity. Rather is one very sincere. Ears have grown in importance. Of yore woman powdered her nose. Now she goes in deeply for ear cul-The Most Satisfactory Dessert-One of the twenty-five kinds of crispy crusted pies baked by the Connecticut Pie Co.

Adhesive, invisible, harmless, Satin skin powder is made in 4 alluring tints. 25c. We Will Open Our

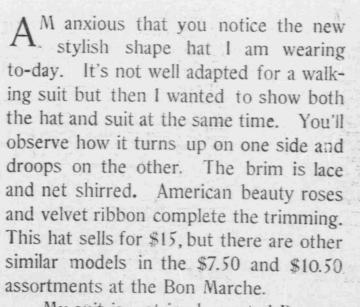
Eleventh Store At 3237 M St. Nw. Saturday, April 11 The Sanitary Grocery Co., 222 11th st n. w. 201 H st. n.e. 09 7th st. s.w. 100 L st. s.e. 105 7th st. s.w. 106 F1a. ave. n.w. Telephone Connections.

New Jersey Resorts. ATLANTIC CITY. RALEIGH HOTEL.

a End St. Charles Place near Steel Pier, arge sunny rooms, ocean view, 50 suites private bath, 3,000 square feet. Porch, parlor, elevator, library, etc., first-class ce; unetcelled cuisine under New York Special Spring rates, \$12,50 and up week-Booklet. H. J. DYNES, apJ3-307 GALLEN HALL

HOTEL AND SANITORIUM. ATLANTIC CITY. One of the newest stone, brick, and steel utildings, with every comfort, always open; lways ready; always busy. HOTEL TRAYMORE. ATLANTIC CITY, N. J. Open Throughout the Year. Hotel TRAYMORE HOTEL CO. O. MARQUETTE, D. S. WHITE, nager. Presider.

fei pot



My suit is a striped worsted Panama plain tailor made. The coat has strapped seams of biased goods. Skirt is gored and has a wide fold.

Another example of the quality suits in the \$24.50 lot at the Bon Marche, 314 and 316 Seventh Street.

Look for my next photograph.